

# RAINIER BEACH POOL

**NEW  
Hot Pick!**

**Spring  
Programs  
April–June  
2006**



**SEATTLE PARKS  
AND RECREATION**

**Swim Team Prep** See page 3  
**Youth Fitness Swimming** See page 3  
**Adult Stroke Refinement** See page 8

**8825 Rainier Avenue South ♦ Seattle, WA 98118**

**206-386-1944 ♦ TDD: 206-233-7061**

**[www.seattle.gov/parks/aquatics/rainierbeachpool.htm](http://www.seattle.gov/parks/aquatics/rainierbeachpool.htm)**

# Rainier Beach Pool

8825 Rainier Avenue S  
Seattle, WA 98118  
Phone: 206-386-1944 TDD Only: 206-233-7061  
Visit us at [www.seattle.gov/parks/aquatics/rainierbeachpool.htm](http://www.seattle.gov/parks/aquatics/rainierbeachpool.htm)

## Spring Hours of Operation

Monday – Thursday	11:30 a.m. – 8:30 p.m.
Friday	11:30 a.m. – 8 p.m.
Saturday	9 a.m. – 3:30 p.m.
Sunday	11 a.m. – 4:30 p.m.

## Program Dates

April 10 through June 25, 2006

## Program registration

Walk-in registration begins Spring 1, April 11 and Spring II, May 19 after 2p.m.

Our registration process is changing and will be computerized beginning Summer 2006. Call 386-1944 for updates.

## Holiday Closures

Saturday, May 20, Closed for staff training  
Monday, May 29, Memorial Day

## Professional Staff

Ken Bounds, Superintendent  
B. J. Brooks, Deputy Superintendent  
Kathy Whitman, Aquatics Manager  
Donna Sammons, Aquatic Center Coordinator  
Wendy Van De Sompele, Asst. Aquatic Center Coordinator  
Montrel Jackson, Senior Lifeguard  
Jyunko Samson, Senior Lifeguard  
Sauvignon Quinichett, Senior Lifeguard  
Bill Burns, Pool Operator  
Tony Mosby, Lead Cashier

## Rentals

Rainier Beach Pool is available for rental at times when the pool is not normally open. Currently, rentals are available Fridays 8:30 p.m. – Midnight and Saturdays 3:30 p.m. – Midnight and Sundays 4:30 p.m. to Midnight. For more information, call 206-386-1944. The basic rental fee is \$65/hour. Staff fees for lifeguards are \$20 per hour per lifeguard with a minimum of 2 lifeguards for all rentals. Groups over 30 will require additional lifeguards. Payment is due two weeks in advance and the payment is required to hold the reservation.

## Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee.

**Registration is not finished and a spot in the class cannot be held without payment in full.**

## Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes. A minimum of 3 students is required for 3-year-old classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).

## Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a withdrawal fee of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

## Scholarships

The City of Seattle and Rainier Beach Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate. Applications must be approved **before** registration dates. Approved applications must be renewed every six months.

## Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

## 2006 Fees and Charges

### Recreation Swim Prices

Youth/Seniors/ADA	\$2.75
Adult (19+)	\$3.75
Recreation Swim Card*	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00

### Fitness Fees

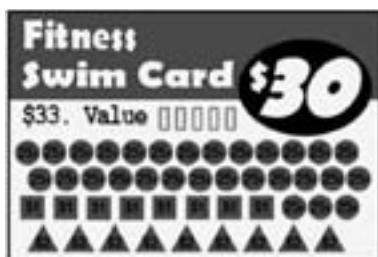
Adult Fitness	\$4.75
Seniors/ADA Fitness	\$3.00
Fitness Swim Card*	\$30.00
Drop-In Weights	\$2.00
w/ Swim Admission	\$1.50

### Other Fees

"Just a Shower"	\$3.75
Lockers	25¢
Goggles	\$5.00/\$7.00
Latex Caps	\$5.00
Silicone Caps	\$7.00
Wave Webs	\$15.00
Nose Plugs	\$3.00
Swim Diapers	\$1.50
Aqua Jog Belt or Hydro Fit	
Equipment Rental	\$1.50



**\*The F.A.S.T. Pass** is good for one month of unlimited admission to all Pool Fitness and Recreation programs at any City pool. **Fitness Swim Cards** give \$33 worth of admissions to any Water Aerobics, Masters, or Deep Water Exercise Classes. **Recreation Swim Cards** give \$20 worth of admissions to Public, Family, Lap, and Adult Swims. **Swim Cards** and **FAST Passes** are **non-refundable and non-transferable**. Please present your card to the cashier for admission. **FAST Pass users must sign in** at the front desk before they are admitted.



**NEW**

**Hot Pick!**

### Swim Team Prep

#### Swim faster and smarter this season!

Be a star on swim team! Learn starts and turns. Use the pace clock and find out how intervals can be used to build strength and increase speed. Learn drills to improve stroke technique. Increase endurance.

Minimum requirements: Must be in American Red Cross Level 5 or above and able to swim 2 lengths of the pool using front crawl and back-stroke without stopping.

**T & Th 6 – 6:45 p.m.**

**\$54 – Eight 45 min. classes Min. 4 students**

**Session I: April 18 – May 18**

**Session II: May 23 – June 15**

**NEW**

**Hot Pick!**

### Youth Fitness Swimming

Workout! Look good! Be strong! Increase your level of fitness as our coach leads you through fun and challenging one-hour workouts.

Minimum requirements: Must be in American Red Cross Level 5 or above and able to swim 2 lengths of the pool using front crawl and back stroke without stopping.

**Sat 10 – 11 a.m. \$40/ 4 one-hour classes**

**Minimum 4 students**

**Session I: April 22 – May 13**

**Session II: May 27 – June 17**



## General Pool Information

### Pool Policies

- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or onto the pool deck.
- Please enter the building through the front entrance and check-in with the cashier before entering the pool area.
- For your children's safety, please monitor them at all times in the facility.
- We are not responsible for any lost or stolen items. We will keep lost and found items for 3 weeks. Valuables will be turned over to the Seattle Police.
- Children 6 years old and up must use the locker room appropriate for their gender. Proper swim attire required. Swim diapers available for purchase at front desk.
- Rainier Beach Pool is a family recreation facility; please dress and act accordingly.



### 3 Year Old Lessons

Small classes are designed to start your child learning basic swimming skills and water safety. Prerequisite: at least one session of tots class or equivalent. Child must be comfortable in the water without parents. Class must have 3 students to run.

M/W 5:00 - 5:30 pm

Session 1 April 17 - May 17, 10 lessons, \$80

Session 2 May 22 - June 14, 9 lessons, \$72

Tu/Th 5:00 - 5:30 pm

Session 1 April 18 - May 18, 10 lessons, \$80

Session 2 May 23 - June 15, 10 lessons, \$80

Sat 11:30 - Noon

Session 1 April 22 - June 17, 8 lessons, \$64

Reduced price lessons available for those who qualify. Call 386-1944 for information and an application

## Special Events



### Live Jazz Music at Rainier Beach Pool

#### Back for a sixth season!

Join us for some evenings of fun and live jazz music at Rainier Beach Pool. From 6 to 7 p.m., everyone is invited to swim during our public swim and listen to the smooth jazz. While enjoying the music, come check out other wonderful programs Rainier Beach Community Center has to offer.

#### Featuring Local Artists

Ellen Finn Trio

May 3

**Emerald City Jazz Ensemble May 24, June 28**

**Wednesday Evenings**

**5 - 7 p.m.**

**Swim Fees: \$3.75 Adults; \$2.75 Youth/Seniors**

*Sponsored by*

*Rainier Beach Community Center and  
Pool Advisory Council.*

*For more information, please call  
206-386-1944.*



### Spring Egg Hunt

**Saturday, April 15 1:30 - 3:30**

Join us for an underwater egg hunt and other fun activities. Surprises & light refreshments will be served!

**\$3.75 Adults**

**\$2.75 Kids**

### April Pools Day

This is a free drop-in Water Safety program for everyone, that is run in partnership with the Washington State Drowning Prevention Coalition, the American Red Cross, and pools state wide. There will be one hour of Safety Training at a variety of stations around the pool. The second hour will be a free swim for those who participate in the program. A free lifejacket will be raffled off.

Check in with the cashier.

**Sat, Apr 22 1:30 - 3:30 p.m.**

**Fees: Free**

# Spring 2006 Schedule

April 10 – June 25, 2006

## Monday & Wednesday (Pool closed May 29)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 7 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	6:30–7 p.m.	Ad. Stroke Refinement
12:30 – 1:30 p.m.	Water Aerobics	7 – 8:30 p.m.	Lap Swim
4 – 6 p.m.	Youth Lessons	7 – 8 p.m.	Water Aerobics

## Tuesday & Thursday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7 p.m.	Youth Lessons		

## Friday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7 – 8 p.m.	Water Aerobics
5 – 5:30 p.m.	Youth Lessons		

## Saturday (Pool closed May 20)

9 – 10 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9 – 10 a.m.	Water Aerobics	12:30 – 1 p.m.	Adult Lessons
10 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

## Sunday

11 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

### Public Swim

**\$3.75/\$2.75**

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.** Everyone gets a cool hand stamp!

**MW 6 – 7 p.m. Sat 1:30 – 3:30 p.m.**  
**Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.**

### Family Swim

**\$2 per person**

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round

drop-in program. All admissions are the special discount price of \$2 per person. Children under 1 year old are free.

**Sundays**

**1:30 – 2:30 p.m.**

### Teen Late Night Free Swim Free!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

**Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.**

**Age: Teens, 13 – 19 years old**

**Please call 206-386-1944 for specific dates.**

# Swimming Lessons

## Spring 2006 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday	Sunday
<b>Tots</b> 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
<b>3 Year Old s</b>	5 – 5:30	5 – 5:30		11:30 – Noon	
<b>Preschool</b>	4 – 4:30	5 – 5:30		10 – 10:30	Noon – 12:30
<b>4 &amp; 5 yrs Lvl 1–3</b>	5 – 5:30	6 – 6:30		11:30 – Noon	
<b>Beginner Youth</b> <b>6 – 16 years</b> <b>Levels 1 to 3</b>	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10 – 10:30 10:30 – 11	11:30 – Noon
<b>Advanced Youth</b> <b>6–16 yrs Lvl 4–6</b>	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6		11 – 11:30 11:30 – Noon (A4)	11 – 11:30
<b>Seniors/Adults</b> <b>16 years &amp; up</b>		7 – 7:30		12:30 – 1	
<b>Swim Team Prep</b>		6 – 6:45			
<b>Youth Fitness</b> <b>Swimming</b>				10 – 11	
<b>Adult Stroke Refinement</b>	Wed 6:30 – 7				



## Swim Lesson Registration Information



Spring Open Registration begins Tuesday, April 11 after 2 p.m.

Session	Program Dates	New Registration	Classes	Price
<b>I Mon/Wed</b>	April 17 – May 17	April 11 after 2 p.m.	10	\$50
<b>I Tue/Thu</b>	April 18 – May 18	April 11 after 2 p.m.	10	\$50
<b>I Fri</b>	April 21 – June 16	April 11 after 2 p.m.	9	\$45
<b>I Sat<sup>1</sup></b>	April 22 – June 17	April 11 after 2 p.m.	8	\$40
<b>I Sun</b>	April 23 – June 18	April 11 after 2 p.m.	9	\$45
<b>II Mon/Wed<sup>2</sup></b>	May 22 – June 14	May 19 after 2 p.m.	7	\$35
<b>II Tue/Thu</b>	May 23 – June 15	May 19 after 2 p.m.	8	\$40

<sup>1</sup>No lessons Saturday, May 20, Pool closed for staff training

<sup>2</sup>No lessons Monday, May 29 (Memorial Day)



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> grade students in Seattle. This program is available to each child regardless of ability. For more "Learn to Swim" information, please call Rainier Beach

Pool at 206-386-1944 or visit our web page at [www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)



# Swimming Lessons

## Tots

**Ages 6 mos. to 4 yrs.**

Parents accompany their children into the water and are shown how to teach the program's skills. Young children become comfortable in and around the water so they are ready to learn to swim.

**TTh** 6 – 6:30 p.m.  
**Sat** Noon – 12:30 p.m.

## Preschoolers

**Ages 4 to 5**

Swim lessons for children who are 4 and 5 years of age. Small classes create an ideal learning environment for pre-schoolers. The program has 3 levels which move from beginners to intermediate skills.

**MW** 4 – 4:30 p.m.  
**MW** 5 – 5:30 p.m.  
**TTh** 5 – 5:30 p.m.  
**TTh** 6 – 6:30 p.m.  
**Sat** 10 – 10:30 a.m.  
**Sat** 11:30 a.m. – Noon  
**Sun** Noon – 12:30 p.m.



## Beginner Youth

**Ages 6 to 16**

The first three levels of the American Red Cross's Brand New Progressive Learn to Swim Program for children from 6 to 16 years of age. Skills run from beginners to intermediate swimmers. Children should be pre-tested on request for placement.

**MW** 4:30 – 5 p.m.  
**MW** 5:30 – 6 p.m.  
**TTh** 4:30 – 5 p.m.  
**TTh** 5:30 – 6:30 p.m.  
**TTh** 6:30 – 7 p.m.  
**Fri** 5 – 5:30 p.m.  
**Sat** 10 – 10:30 a.m.  
**Sat** 10:30 – 11 a.m.  
**Sun** 11:30 a.m. – Noon

## Advanced Youth

**Ages 6 to 16**

Levels 4 to 6 of the American Red Cross's Progressive Learn to Swim program. Children should be pre-tested for placement. Children should be comfortable in the deep end of the pool and able to swim one length (25 yards) of Front Crawl, Back Crawl, and Dolphin Kick as well as tread water and back float for 30 seconds each in deep water.

**MW (A4 Only)** 5 – 5:30 p.m.  
**MW** 5:30 – 6 p.m.  
**TTh (A4 Only)** 5 – 5:30 p.m.  
**TTh** 5:30 – 6 p.m.  
**Sat** 11 – 11:30 a.m.  
**Sat (A4 only)** 11:30 – Noon  
**Sun** 11 – 11:30 a.m.

## 1-on-1 and 1-on-2 Lessons

One or two students with an instructor. Intensive instruction for those with special goals. Individuals can be of any ability. For more information and to register call 206-386-1944. Class schedules are flexible and dependent upon pool space and instructor availability.

**1-on-1 \$25 per ½-hr; 2-on-1 \$35 per ½-hr**

## Adult and Senior Ages 16+

Instructors work with each individual to set and strive toward personal goals. For swimmers of all abilities.

**TTh** 7 – 7:30 p.m.  
**Sun** 12:30 – 1 p.m.

## Special Populations

In many cases individuals with disabilities can be mainstreamed into our regular lesson program. If special attention is needed individual lessons can be set up on request. Rainier Beach Pool is fully accessible. Please call 206-386-1944 for more information.

**Fees: \$5 per lesson**

## New! Custom Group Lessons

Have a special group of day care or homeschool kids who would like group lessons during the day? Groups must have 4 or more and be of like age and swimming ability. Call Jyunko Samson at (206) 386-1944 to schedule.

# Water Exercise & Fitness



## Adult Stroke Refinement

This class is designed for lap swimmers and triathletes who would like to improve their stroke technique to become faster, more efficient swimmers. Our certified instructor will work with you to help you reach your goals, teach you the basics good form and share some tips to make your open water swims more enjoyable. Class must have 4 students to run.

Wed 6:30 - 7:00 pm

Session 1 April 19 - May 17, 5 lessons, \$25

Session 2 May 24 - June 14, 4 lessons, \$20

## Lap & Senior Swim \$3.75/\$2.75

Monday - Friday 11:30 a.m. - 1:30 p.m.

MW 7 - 8:30 p.m. Sat 9 - 10 a.m.

TTh 6 - 8:30 p.m. Sat Noon - 1:30 p.m.

Fri 5:30 - 8 p.m.

Noon - 1:30 p.m.

Sun



## Aqua-Jogging \$4.75/\$3.00

Deep water exercise that uses flotation belts and other equipment for a great water workout. Class workouts include water running, cross country skiing, aerobics and more! Great for rehab or cross taining! Participants must be comfortable in deep water.

Age: Adults and Seniors only

Tue/Thu

11:45 a.m. - 12:30 p.m.

## Water Aerobics \$4.75/\$3.00

Movements in water designed to build Strength, Flexibility, and Cardiovascular Fitness. The program takes advantage of the participants' buoyancy in the water and the resistance created by the water. Classes are lead by experienced instructors and accompanied by music. This program is for Adults and Seniors at all levels of fitness. Individuals are encouraged to exercise at their own pace.

Age: Adults and Seniors

MWF 12:30 - 1:30 p.m. TTh 7:30 - 8:30 p.m.

MWF 7 - 8 p.m. Sat 9 - 10 a.m.

## Stretch And Flex \$4.75/\$3.00

Exercise for people who are unable to participate in conventional exercise programs. Stretch and Flex is designed to increase range of motion, muscle tone, and flexibility. All activities take place in shallow water and are accompanied by music. Non-swimmers are welcome.

MWF

11:30 a.m. - 12:30 p.m.

## Arthritis Foundation Water Exercise Program \$3.00

This program was designed by the Arthritis Foundation for people with movement limitations. Rainier Beach Pool has three certified instructors on staff. A registration form, which includes a doctor's referral is required before beginning the program. Please check with our cashier for registration forms.

Tue/Thu

3:30 - 4:30 p.m

## Drop-in Weight Training



Rainier Beach Pool has weight and fitness equipment on the pool deck, which is available to those 16 and over for drop in use when ever the pool is open. The Equipment includes a Universal Centurion, over 1000 lb. of free weights and other machines.

Age: Over 16

Open during normal pool operating hours. Fees: \$2.00; \$1.50 if you also pay for a swim All users must sign a waiver



# Lifeguard Training/Water Safety Courses

## American Red Cross Lifeguard Training

An Introduction to Lifeguarding. Students must be 15 years of age and pass a rigorous swimming pre-test. Successful students will receive certification in American Red Cross Lifeguarding, Standard First Aid, and CPR for the Professional Rescuer. Students must register. For registration please contact our cashier at 206-386-1944.

**Instructor: TBA**

**Age: 15 years and older**

**Mon, Wed 5:30 – 8:30 p.m. Apr 17 – May 15**

**Fees: \$90. Fee does not include books, which should be purchased in advance from the American Red Cross (206-323-2345 or [www.seattleredcross.org](http://www.seattleredcross.org)).**

## Northwest Lifeguard Test Module

For certified lifeguards interested in taking the Northwest Lifeguard test as a prerequisite for employment for various agencies including Seattle Parks and Recreation. Must hold current Red Cross or other Lifeguard Training certification.

**Wed, May 17**

**5:30 – 8:30 p.m.**

**Fees: \$35**

## *Coming Soon!!!*

### Summer Swim League

Come join our swim team and learn the principles of fun, safe swim competition and enjoy team spirit! Open to ages 7-18. Must be able to swim the length of the pool (25 yds) and/or be in Youth Level 4-6. Participants compete in 2 dual meets and a divisional swim meet. The All-City Swim meet is August 5 for those who qualify. Registration begins May 15, 2006

**Age: 7 to 18 as of May 15, 2006.**

**Mon – Fri 8 – 9 a.m.**

**Jun 26 – Aug 5**

**Fees: \$80 (Some scholarships available.)**

### Lifeguard Training Team

Lifeguard Training Team is a **free** program designed to train and certify Seattle's youth in lifesaving skills.

**June 26 – August 17 @ Mt. Baker Beach and Medgar Evers Pool**

**For more info, please contact:**

Lifeguard Training Team, Citywide Aquatics  
800 Terry Ave N, Seattle, WA 98109

Phone: 206-684-4078

e-mail: [kevin.maxwell@seattle.gov](mailto:kevin.maxwell@seattle.gov)

or visit our web site:

[www.seattle.gov/parks/aquatics/ltt.htm](http://www.seattle.gov/parks/aquatics/ltt.htm)

## The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!